Odysseyware[®]

CURRICULUM OVERVIEW

Physical Fitness



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Physical Fitness Course Overview

Physical Fitness is a semester-length elective designed for high school students. The course focuses on the health benefits of regular physical activity and of a long-term exercise program.

As students work through the course, they will learn about the many aspects of physical fitness, including basic nutrition, the importance of flexibility, cardiovascular health, muscle and strength training, and realistic goal setting. Along the way, students will be required to maintain and submit an activity log in order to measure progress in course exercises, as well as in personal fitness goals.

Upon completion of Physical Fitness, students should possess the knowledge and skills needed to do the following:

- Analyze the key components of successful physical activity and use this analysis to determine if a program is reasonable and effective.
- Describe the three main types of physical activity that should be included in a exercise regime and the health benefits of each.
- Perform basic fitness exercises associated with the three main types of physical activity discussed in this course.
- Identify the main motivational strategies that can be used to help the student continue in positive fitness habits once this course is completed.

Unit 1: An Overview of Fitn	ess
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Assignments

- 1. Course Overview
- 2. What is Physical Fitness?
- 3. Why Should I Exercise?
- 4. Quiz 1: Physical Fitness and Exercise
- Alternate Quiz 1-Form A: Physical Fitness and Exercise*
- Alternate Quiz 1-Form B: Physical Fitness and Exercise*
- 7. Physical Benefits
- 8. Mental and Emotional Benefits
- 9. Longevity

Physical Fitness

- 10. Quiz 2: Benefits of Exercise
- 11. Alternate Quiz 2-Form A: Benefits of Exercise*
- 12. Alternate Quiz 2-Form B: Benefits of Exercise*

- 13. What is Nutrition?
- 14. Weight Control
- 15. Putting the Pieces Together
- 16. Project: Food Analysis
- 17. Quiz 3: Basic Nutrition
- 18. Alternate Quiz 3-Form A: Basic Nutrition*
- 19. Alternate Quiz 3-Form B: Basic Nutrition*
- 20. Special Project*
- 21. Review
- 22. Test
- 23. Alternate Test-Form A*
- 24. Alternate Test-Form B*
- 25. Glossary and Credits

Unit 2: Flexibility Training

	Assig	Assignments				
	1.	Daily Activity versus Planned Exercise	13.	Correct Motion and Breathing		
	2.	Project: Using the Activity Log	14.	Project: Upper Body Flexibility Exercises		
SS	3.	Warm-ups and Cool-Downs	15.	Project: Lower Body Flexibility Exercises		
tne	4.	Quiz 1: Planning Daily Exercise	16.	Project: Whole Body Flexibility Exercises		
al Fi	5.	Alternate Quiz 1-Form A: Planning Daily Exercise*	17.	Unit 2 Activity Log		
Physical Fitness	6.	Alternate Quiz 1-Form B: Planning Daily Exercise*	18.	Special Project*		
	7.	Is Stretching Exercise?	19.	Review		
	8.	Physical Benefits of Stretching	20.	Test		
	9.	Project: Test your Flexibility	21.	Alternate Test-Form A*		
	10.	Quiz 2: Stretching	22.	Alternate Test-Form B*		
	11.	Alternate Quiz 2-Form A: Stretching*	23.	Glossary and Credits		
	12.	Alternate Ouiz 2-Form B: Stretching*				

Unit 3: Cardiovascular Fitness	5
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Assignments

Physical Fitness

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- 1. What Defines Cardiovascular Exercise? 2. Benefits of Cardiovascular Training Project: Test Your Cardiovascular Fitness Level 3. 4. Quiz 1: Cardiovascular Training Alternate Quiz 1-Form A: Cardiovascular Training* 5. Alternate Quiz 1-Form B: Cardiovascular Training* 6. 7. Intensity Versus Duration 8. Project: Walking Drills Project: Wind Sprints 9. 10. Quiz 2: Intensity Versus Duration Alternate Quiz 2-Form A: Intensity Versus Duration* 11. 12. Alternate Quiz 2-Form B: Intensity Versus Duration* 13. Cardiovascular Exercise and Weight Control Project: Low Impact Calorie Burning 14.
- 15. Project: High Intensity Calorie Burning
- 16. Quiz 3: Cardiovascular Exercise and Weight Control
- 17. Alternate Quiz 3-Form A: Cardiovascular Exercise and Weight Control*
- Alternate Quiz 3-Form B: Cardiovascular Exercise and Weight Control*
- 19. Unit 3 Activity Log
- 20. Special Project*
- 21. Review
- 22. Test
- 23. Alternate Test-Form A*
- 24. Alternate Test-Form B*
- 25. Glossary and Credits

Unit 4: Resistance Training

Assignments

1.	What is Strength Training?					
2.	How is Muscular Strength Developed?					
3.	Project: Test Your Muscular Strength and Endurance					
4.	Quiz 1: Resistance Training					
5.	Alternate Quiz 1-Form A: Resistance Training*					
6.	Alternate Quiz 1-Form B: Resistance Training*					
7.	A Combination of Resistance and Repetitions					
8.	Project: Isolating the Upper Body					
9.	Project: Isolating the Lower Body					
10.	Project: Developing Your Core					
11.	Project: Graded Resistance Exercise Performance					
12.	Strength Training and Weight Control					

- 13. Quiz 2: The Resistance Training Workout
- 14. Alternate Quiz 2-Form A: The Resistance Training Workout*
- 15. Alternate Quiz 2-Form B: The Resistance Training Workout*
- 16. Unit 4 Activity Log
- 17. Special Project*
- 18. Review
- 19. Test
- 20. Alternate Test-Form A*
- 21. Alternate Test-Form B*
- 22. Glossary and Credits

Unit 5: Motivation and Mindset

Assignments

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	1.	Developing a Realistic Mindset and Goals	14.	Success Strategies
SS	2.	Adapting the Program Over Time	15.	Project: Try a Strategy for Success
	3.	Project: Flexibility and Cardiovascular Exercise	16.	Project: A Resistance Training and Flexibility
		Workout		Workout
Physical Fitness	4.	Quiz 1: Motivation and Mindset	17.	Quiz 3: Staying Motivated
티	5.	Alternate Quiz 1-Form A: Motivation and Mindset*	18.	Alternate Quiz 3-Form A: Staying Motivated*
/SIC	6.	Alternate Quiz 1-Form B: Motivation and Mindset*	19.	Alternate Quiz 3-Form B: Staying Motivated*
ЧЧ	7.	Overuse injuries	20.	Unit 5 Activity Log
	8.	Breaks and Plateaus	21.	Special Project*
	9.	Project: A Cardiovascular Exercise Workout	22.	Review
	10.	Quiz 2: Dealing with Setbacks	23.	Test
	11.	Alternate Quiz 2-Form A: Dealing with Setbacks*	24.	Alternate Test-Form A*
	12.	Alternate Quiz 2-Form B: Dealing with Setbacks*	25.	Alternate Test-Form B*
	13.	Understanding Discouragement and Motivation	26.	Glossary and Credits

Unit 6: Course Review and Exam			
Assig	Assignments		
1.	Review	3.	Alternate Exam-Form A*
2.	Exam	4.	Alternate Exam-Form B*

(*) Indicates alternative assignment